

The plan

STAY FIT AND RECOVER FAST

HOW TO RECOVER FROM A TOUGH TRIATHLON SEASON, WITHOUT LOSING FITNESS OR PILING ON THE POUNDS

Meet the expert

Phil Mosley

Mosley is an elite triathlete and has successfully coached dozens of athletes to success at all levels of racing, from sprint to Ironman

ALAS, THE winter looms ever closer and the race calendar is getting thinner by the day. All is not lost though, because now is the perfect time to relax and take a much deserved end-of-season break. Spring and summer are at least five months away, so there's no need to be rushing headlong into a hectic new training regime. In fact, having a break at this time of the year might help you to be fitter and faster next season. It'll give your body a chance to recover properly from the rigours of hard training and it's good for your soul too. It's your once-a-year opportunity to lead a humdrum life for a few weeks, catch up with friends and family, do some admin or just put your feet up more.

The problem is, slob around too much and you'll lose all your hard-earned fitness or start piling on the pounds. On the other hand, train too much now and you'll begin the winter full of tiredness, putting yourself at risk of colds, fatigue and loss of motivation. So you need to be clever and combine rest with training. And that's exactly what this four-week training plan will help you achieve.

There are two plans here. One is for the 'Time Rich' and takes seven-hours per week, while the other is for the 'Time Poor' and takes five hours. Choose whichever one suits you best – there's no right or wrong.

The general idea is to keep training at a low level, with plenty of short, non-weight bearing sessions that don't place much stress on your body or eat up too much time. There are also a few opportunities for non-triathlon training, to give you a mental and physical break from the routine of swim, bike and run. I've also scheduled activities like Pilates and circuit training to give you a strength and stability headstart for the winter ahead.

Before you get cracking, take a few



minutes to read the Training Zones and Key (opposite page). Once you're familiar with the abbreviations, the training plans will make a lot more sense. Feel free to swap the sessions about onto different days.

If, after the first week, you don't feel like you're doing enough triathlon training, that means you're doing it right. Before you know it you'll be rested, strong and eager to train once the winter really kicks in.

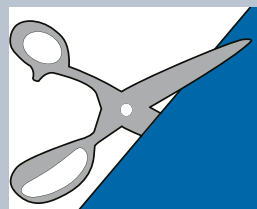
Are these plans for you?

Before beginning this plan you should already be able to:

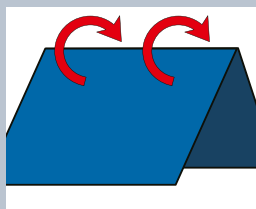
- Ride your bike for at least 60 minutes
- Run for at least 30 minutes
- Swim 300 metres non-stop

How it works

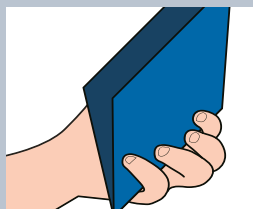
Get your guide ready to go



Cut out the guide following the dotted outline



Fold the guide in quarters using the fold guides



Now carry it with you for reference while training





Time rich

RECOVER FAST PLAN

KEEP YOUR ENGINE TICKING OVER ON SEVEN HOURS A WEEK WITH THIS RECOVERY PLAN

FOLD1

TRAINING ZONES

USING THESE Training Zones will help you train at the right intensity for each session. This helps develop specific aspects of your fitness, as well as making sure you don't overdo it.

You can either estimate your intensity, using the Training Zone descriptions, or use a heart-rate monitor for a more precise measure. If you use a heart-rate monitor, use the percentages provided, and subtract them from your maximum heart rate to calculate your zones. Tools like cycle power meters and GPS watches will also help track your training progress, but they're not essential for these plans.

These training zones are only a guide, so don't worry about being overly-precise with heart rates because they'll fluctuate anyway. It's good to be mindful of your intensity but it's even more important that you get out there and enjoy your training.

ZONE 1 [Z1] Recovery

60 to 65% of your maximum. Easy pace, feels nice and light.

ZONE 2 [Z2] Steady

65 to 75% of your maximum. Fairly easy pace. Easy enough so that you could breathe just through your nose if you wanted to.

ZONE 3 [Z3] Tempo

75% to 80% of your maximum. A fairly hard, but sustainable pace.

ZONE 4 [Z4] Race tempo

80 to 90% of your maximum. A hard pace that requires real focus to sustain.

KEY

WU Warm up, **WD** Warm down, **MAIN** Main set, **FC** Front crawl, **KICK** Kick with a float held out in front of you, **PULL** Front crawl with a pull float between thighs, **BUILD** Swim each 25m slightly faster than the previous, **FISTS** Swim front crawl with clenched fists, **BACK** Backstroke, **PULL ANKLES** Front crawl with a pull float between ankles

STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

	WEEK 01	WEEK 02
Mon	Swim 1,500m WU 200m FC, 100m BACK, 100m KICK, 100m FC MAIN 50m FISTS, 50m FC, 50m PULL ANKLES, 50m FC, 200m hard FC, timed 100m easy FC, 100m hard FC, timed WD 200m PULL, 100m KICK, 100m FC Pilates 1hr taught class or home DVD	Swim 1,700m WU 200m FC, 100m BACK, 100m KICK, 100m FC MAIN 4x250mas (150m FC BUILD, 50m FISTS, 50m FC in Z4) WD 200m PULL/FC Pilates 1hr taught class or home DVD
Tue	Run 30mins WU 4mins in Z1, 4mins in Z2, 2mins in Z3 MAIN 5mins in Z3, 5mins in Z4 WD 5mins in Z2, 5mins in Z1	Run 30mins WU 10mins in Z2 MAIN 10mins in Z3 WD 10mins in Z2
Wed	Swim 1,900m WU 300m FC, 100m KICK, 4x50m BUILD (15secs rests), 200m PULL MAIN 4x50m FC in Z4 (15secs rests), 200m PULL (20secs rests), 2x50m FC in Z4 (15secs rests), 200m PULL WD 200m FC, 100m KICK, 100m PULL Circuit training 40mins-1hr preferably at a gym class or: WU Run 5mins in Z2, 5mins in Z3 MAIN 20 press-ups, 3mins run in Z2, 20 crunches, 3mins run in Z2, 20 tricep dips, 3mins run in Z2, 20 squats, 3mins run in Z2, 10 lunges WD 5mins run in Z2	Swim 1,800m WU 300m FC, 100m KICK, 4x50m BUILD (15secs rests) MAIN 2x150m FC BUILD (20secs rests), 4x50m KICK (15secs rests), 2x100m FC BUILD (20secs rests), 4x75m KICK (15secs rests) WD 200m PULL Circuit training 40mins-1hr preferably at a gym class or: WU Run 5mins in Z2, 5mins in Z3 MAIN 20 press-ups, 3mins run in Z2, 20 crunches, 3mins run in Z2, 20 tricep dips, 3mins run in Z2, 20 squats, 3mins run in Z2, 10 lunges WD 5mins run in Z2
Thur	Swim 1,950m WU 200m FC, 200m KICK MAIN 6x75m FC in Z4 (15secs rests), 200m PULL in Z2 (20secs rest), 6x50m in Z4 (15secs rests), 200m PULL in Z2 (20secs rest), 4x50m in Z4 (15secs rests) WD 200m FC in Z1 Bike 45mins, indoor trainer or outdoor road ride WU 12mins in Z2, 3min Z3 MAIN 4x3mins in Z4 with 3mins rests in Z1 WD 5mins in Z2, 4mins in Z1	Swim 2,300m WU 200m FC, 200m KICK MAIN 8x50m FC in Z4 (15secs rests), 4x75m KICK (15secs rests), 8x50m FC in Z4 (15secs rests), 4x50m KICK (15secs rests) WD 100m FC in Z1 Bike 45mins, indoor trainer or outdoor road ride WU 15mins in Z2 MAIN 5x3mins in Z3 with 2mins rests in Z1 WD 10mins in Z2
Fri	Rest day	
Sat	Bike 1hr 30mins WU 30mins in Z2 MAIN 3x9mins in Z3 to 4 with 2mins rests in Z1 WD 30mins in Z2	Bike 1hr 30mins WU 30mins in Z2 MAIN 30mins in Z2 including 4x3mins in Z4 WD 30mins in Z2
Sun	Any other active sport 40mins-1 hour doing something different like ball sports, gym, watersports, hiking etc	Any other active sport 40mins-1 hour doing something different like ball sports, gym, water-sports, hiking etc

	WEEK 03	WEEK 04
Mon	Swim 2,200m WU 200m FC, 100m BACK, 100m KICK, 100m FC MAIN 12x25m in Z4 (20secs rests), 4x(100m FC in Z2, 2x75m PULL in Z4) with 15secs rests WD 200m PULL, 100m KICK, 100m FC Pilates 1hr taught class or home DVD	Swim 1,600m WU 200m FC, 100m BACK, 100m KICK, 100m FC MAIN 3x50m FISTS (15secs rests), 200m FC in Z2, 3x50m PULL ANKLES (15secs rests), 200m FC in Z2 WD 200m PULL, 100m KICK, 100m FC Pilates 1hr taught class or home DVD
Tue	Run 30mins WU 10mins in Z2 MAIN 10mins in Z3 including 4x30secs sprints WD 10mins in Z2	Run 30mins WU 10mins in Z2 MAIN 10mins hill reps (run hard up a hill for approx 1 minute, jog back down and repeat) WD 10mins in Z2
Wed	Swim 1,900m WU 300m FC, 100m KICK, 4x50m BUILD (15secs rests), 200m PULL MAIN 4x50m FC in Z4 (15secs rests), 200m PULL (20secs rest), 2x50m FC in Z4 (15secs rests), 200m PULL WD 200m FC, 100m KICK, 100m PULL Circuit training 40mins-1hr preferably at a gym class or: WU Run 5mins in Z2, 5mins in Z3 MAIN 20 press-ups, 3mins run in Z2, 20 crunches, 3mins run in Z2, 20 tricep dips, 3mins run in Z2, 20 squats, 3mins run in Z2, 10 lunges WD 5mins run in Z2	Swim 1,900m WU 300m FC, 100m KICK, 4x50m BUILD (15secs rests), 200m PULL MAIN 4x50m FC in Z4 (15secs rests), 200m PULL (20secs rest), 2x50m FC in Z4 (15secs rests), 200m PULL WD 200m FC, 100m KICK, 100m PULL Circuit training 40mins-1hr preferably at a gym class or: WU Run 5mins in Z2, 5mins in Z3 MAIN 20 press-ups, 3mins run in Z2, 20 crunches, 3mins run in Z2, 20 tricep dips, 3mins run in Z2, 20 squats, 3mins run in Z2, 10 lunges WD 5mins run in Z2
Thur	Swim 1,850m WU 200m FC, 200m KICK MAIN 5x150m FC in Z3 (25secs rests), 100m FC in Z1, 16x25m FC in Z4 (15secs rests) WD 200m FC in Z1 Bike 45mins, indoor trainer or outdoor road ride WU 15mins in Z2 MAIN 15mins in Z3 including 6x30secs sprints WD 10mins in Z2	Swim 1,500m WU 2x150m FC, 100m KICK, 100m PULL MAIN 4x(2x25m FISTS (10secs rests), 2x25m PULL in Z2 (10secs rests), 4x25m FC in Z4 (15secs rests) WD 200m FC in Z1 Bike 45mins, indoor trainer or outdoor road ride WU 15mins in Z2 MAIN 5mins in Z3, 5mins in Z4, 5mins in Z3 WD 10mins in Z2
Fri	Rest day	
Sat	Bike 1hr 30mins WU 30mins in Z2 MAIN 30mins in Z3 and go hard up any hills WD 30mins in Z2	Bike 1hr 30mins WU 30mins in Z2 MAIN 30mins in Z2 including 6x30sec sprints WD 30mins in Z2
Sun	Any other active sport 40mins-1 hour doing something different like ball sports, gym, watersports, hiking etc	Any other active sport 40mins-1 hour doing something different like ball sports, gym, watersports, hiking etc

Triathlon PLUS YOUR 4-WEEK PLAN



Time poor

RECOVER FAST PLAN

RECOUP STRENGTH AND GET SET FOR WINTER TRAINING ON FIVE HOURS A WEEK

FOLD1

	WEEK 01	WEEK 02
Mon	Pilates 30mins home DVD	Pilates 30mins home DVD
Tue	Run 30mins WU 4mins in Z1, 4mins in Z2, 2mins in Z3 MAIN 5mins in Z3, 5mins in Z4 WD 5mins in Z2, 5mins in Z1	Run 30mins WU 10mins in Z2 MAIN 10mins in Z3 WD 10mins in Z2
Wed	Swim 1,900m WU 300m FC, 100m KICK, 4x50m BUILD (15secs rests), 200m PULL MAIN 4x50m FC in Z4 (15secs rests), 200m PULL (20secs rest), 2x50m FC in Z4 (15secs rests), 200m PULL WD 200m FC, 100m KICK, 100m PULL Circuit training 40mins-1hr preferably at a gym class or: WU Run 5mins in Z2, 5mins in Z3 MAIN 20 press-ups, 3mins run in Z2, 20 crunches, 3mins run in Z2, 20 tricep dips, 3mins run in Z2, 20 squats, 3mins run in Z2, 10 lunges WD 5mins run in Z2	Swim 1,800m WU 300m FC, 100m KICK, 4x50m BUILD (15secs rests), MAIN 2x150m FC BUILD (20secs rests), 4x50m KICK (15secs rests), 2x100m FC BUILD (20secs rests), 4x75m KICK (15secs rests) WD 200m PULL Circuit training 40mins-1hr preferably at a gym class or: WU Run 5mins in Z2, 5mins in Z3 MAIN 20 press-ups, 3mins run in Z2, 20 crunches, 3mins run in Z2, 20 tricep dips, 3mins run in Z2, 20 squats, 3mins run in Z2, 10 lunges WD 5mins run in Z2
Thur	Swim 1,950m WU 200m FC, 200m KICK MAIN 6x75m FC in Z4 (15secs rests), 200m PULL in Z2 (20secs rest), 6x50m in Z4 (15secs rests), 200m PULL in Z2 (20secs rest), 4x50m in Z4 (15secs rests) WD 200m FC in Z1 Bike 45mins, indoor trainer or outdoor road ride WU 12mins in Z2, 3min Z3 MAIN 4x3mins in Z4 with 3mins rests in Z1 WD 5mins in Z2, 4mins in Z1	Swim 1,800m WU 200m FC, 200m KICK MAIN 8x50m FC in Z4 (15secs rests), 4x75m KICK (15secs rests), 8x50m FC in Z4 (15secs rests), 4x50m KICK (15secs rests) WD 100m FC in Z1 Bike 45mins, indoor trainer or outdoor road ride WU 15mins in Z2 MAIN 5x3mins in Z3 with 2mins rests in Z1 WD 10mins in Z2
Fri	Rest day	
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Sun	Any other active sport 40mins-1hr. Do something different like ball sports, gym, watersports, hiking etc	Any other active sport 40mins of ball sports, gym, watersports, hiking etc

TRAINING ZONES

FOLD2

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STAY IN THE TRAINING ZONE WITH TRIATHLON PLUS

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Tue	Run 30mins WU 10mins in Z2 MAIN 10mins in Z3 including 4x30secs sprints WD 10mins in Z2	Run 30mins WU 10mins in Z2 MAIN 10mins hill reps (run hard up a hill for approx 1 minute, jog back down and repeat) WD 10mins in Z2
Wed	Swim 1,900m WU 300m FC, 100m KICK, 4x50m BUILD (15secs rests), 200m PULL MAIN 4x50m FC in Z4 (15secs rests), 200m PULL (20secs rest), 2x50m FC in Z4 (15secs rests), 200m PULL WD 200m FC, 100m KICK, 100m PULL Circuit training 40mins-1hr preferably at a gym class or: WU Run 5mins in Z2, 5mins in Z3 MAIN 20 press-ups, 3mins run in Z2, 20 crunches, 3mins run in Z2, 20 tricep dips, 3mins run in Z2, 20 squats, 3mins run in Z2, 10 lunges WD 5mins run in Z2	Swim 1,900m WU 300m FC, 100m KICK, 4x50m BUILD (15secs rests), 200m PULL MAIN 4x50m FC in Z4 (15secs rests), 200m PULL (20secs rest), 2x50m FC in Z4 (15secs rests), 200m PULL WD 200m FC, 100m KICK, 100m PULL Circuit training 40mins-1hr preferably at a gym class or: WU Run 5mins in Z2, 5mins in Z3 MAIN 20 press-ups, 3mins run in Z2, 20 crunches, 3mins run in Z2, 20 tricep dips, 3mins run in Z2, 20 squats, 3mins run in Z2, 10 lunges WD 5mins run in Z2
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Fri	Rest day	
Sat	Bike 1hr WU 20mins in Z2 MAIN 20mins in Z2 including 3x3mins in Z4 WD 20mins in Z2	Bike 1hr WU 20mins in Z2 MAIN 20mins in Z2 including 6x30secs sprints WD 20mins in Z2
Sun	Any other active sport 40mins of ball sports, gym, watersports, hiking etc	Any other active sport 40mins of ball sports, gym, watersports, hiking etc